



## You Yang's Trail Running Festival July 20th – 21st 2019

### Race 3 GARMIN TRAIL SERIES

### Runners Briefing Notes

### THESE ARE IMPORTANT NOTES – PLEASE READ

These notes are very important, they are provided to you to ensure you have a fantastic day at the You Yangs and a memorable experience of trail running. People often make errors when running trails. The very nature of lots of trails combined with effectively 8 races operating over the weekend can create confusion if you don't have a basic understanding of what your specific event consists of, so please in particular check the maps and the notes.

**PLEASE PRINT OR PREFERABLY LOAD ON YOUR PHONE JUST INCASE YOU NEED IT  
LETS MAKE 2019 AN ERROR FREE RUN FOR ALL**

Most errors occur by not concentrating, or following someone who is not in your event distance. The courses on paper combined appear as a complex set of tracks, but individually each race leg is really clear and simple, you just need to know where you are distance wise and follow the directions or signage on course. It is a trail run, we don't want to paint white lines for you to follow the whole way, bitumen roads have them and they aren't much fun really. So please look at the maps, print one out "we don't supply them" or load on your phone, carry one with you or look and listen to directions.

The Fast runners likely to place should have been on course, they should know where they are going, wrong course equal DSQ result even if first over the line and you have covered enough Km's, don't risk it, we provide all the tools to safely and easily guide you, so long as you do a little bit of work and pay attention; you will have no issues navigating the course. Most importantly we want you all to enjoy the day.

Welcome to the 11th Running of the You Yangs trail running festival, as always trailsplus events are supporting young people living with cancer. Since 2008 when I ran my first 100mile event as a charity run, we have continued to keep supporting Canteen. Via these races we are able to continue to support CanTeen so thanks to all of you who participate and help. This year we have reached \$50,000:00, such an awesome effort thanks to our supportive running community and volunteers.

Brett & the Trailsplus team

At trailsplus we aim to provide you with a challenging but memorable experience on trails in great locations. We love the You Yang's and the support from Parks Victoria and know you will enjoy a great day and great trails. If current weather trends continue we look like we will have some fantastic winter weather, cool, clear but sunny and no rain, well fingers crossed, perfect for running, so let's hope the forecasters have it right this far out. But as always come prepared for any type of weather. The start will be cold even if a perfect clear day awaits us, so bring warm stuff for pre and post-race.

I hope this update before the weekend finds you fit and well. Time flies when there is so much to do and it always seems to multiply as the race day approaches. I hope I have covered everything you need to know, though I suspect we will continue to learn and improve our events, just like you learn and improve your race result and experience. As always a massive thank you to all the volunteers who have made time to come out and look after runners and help setup the event, without volunteers we can't put on an event like this.

Now with the half marathon and marathon joining the 105km and 105 milers on Saturday it truly has become a full weekend festival.

Saturday Parking may require you to walk 500m to the start line.

Sunday Parking will use the lower picnic ground for parking and walk on the new 500m walking track to the start line at turntable car park.

Please allow enough time on the morning to park and walk to the start area, it's a gentle uphill with a few steps, not ideal for prams so please drop those in need at the top and return to park your car.

Please note this document is divided into two sections.

The initial section is focused on the Hardcore 105 Mile and 105km event, but still has relevant information throughout for all runners and visitors.

The second section is focused on all other distances.

However, it is still important to read all sections and get an understanding of all aspects of what is happening in the park to make your day an enjoyable one.

WELCOME TO THE





# WE ARE DOING OUR BIT FOR THE ENVIRONMENT

## PAPER CUP FREE EVENT

THAT MEANS YOU NEED TO BRING SOMETHING TO DRINK FROM

Bring your own cups or drink bottles

Or purchase one of our reusable

Silicone collapsible cups

PAPER CUP FREE

Cup Friendly Events

\$5

\$5

\$5.00

\$5

\$5

YOU YANGS Trail Running Festival

trailsplus

OLIVIA

KEVIN

BRETT

GEORGE

GARMIN

trailsplus

2019

PETZL

Kathmandu

ALTRA

As of July 2019 out previous 18mths subsidy has now reverted to selling at cost price

# SCHEDULE OF EVENTS

Saturday 20<sup>th</sup> July

105km and 105 mile can park at the top if space available, drive straight to start, Limited space and see map for allowable 100s Parking below in Maps section

6:15 am Park Gates Open

6:45 am Pre Race Check in Hardcore 105M-105KM

7:45 am Pre Race Briefing Hardcore 105M-105KM

7:55 am Compulsory Group Photo

8:00 am Race Start Hardcore 105M-105KM

42.2km & 21.1km must park in the lower picnic ground car park and walk 500m via the new walking track to the start line

7:45 am Pre Race Check in Bib Collection 42.2KM

8:45 am Pre Race Briefing 42.2KM

9:00 am Race Start 42.2KM

8:45 am Pre Race Check in Bib Collection 21.1KM

9:45 am Pre Race Briefing 21.1KM

10:00 am Race Start 21.1KM

Sunday 21<sup>st</sup> July

**PLEASE PAY CAREFUL ATTENTION TO TIMES AND ALLOW PLENTY OF TIME TO WALK TO START**

6:15 am Park Gates Open

7:00 am 50km Registration

7:45 am 50km Race Briefing

8:00 am 50km Race Start

8:00 am 30km Registration

8:45 am 30km Race Briefing

9:00 am 30km Race Start

9:00 am 15km Registration

9:45 am 15km Race Briefing

10:00 am 15km Race Start

10:00 am 5km Registration

10:45 am 5km Race Briefing

11:00 am 5km Race Start

ALWAYS A GREAT WAY TO ENJOY YOUR DAY BY BEING A LITTLE EARLY

Try and arrive 15 minutes earlier then you think you need to and you will be a lot more relaxed and set yourself up for a very enjoyable day, take care on the roads.

**WATCH OUT FOR KANGAROOS ONCE YOU ARE CLOSE TO THE YOU YANGS  
ESPECIALLY ALONG BRANCH ROAD FOR THE EARLY ARRIVALS AND VISITORS ON DUSK**

## **Approximate Times**

Race Presentations – Due to the nature of the finish times being spread out over the longer distance will be at these approximate times

Saturday

10:00pm – 100km

Sunday

Approximate times and where possible will flow together

12:00pm – 5km

12:00pm – 15km

1:00pm – 30 km could be earlier if we have podium present

2:00pm – 50 Km could be earlier if we have podium present

3:00pm – 100 Mile could be earlier if we have podium present

If you have placed in your event and need to leave before the Presentation please ensure you come and collect your winner's trophy from me.

Also every runner that finishes the event they started by covering the correct course and within the cut off times, you will receive a custom designed medal.

Various colours for 5km, 15km, 30km, and the 50km

**THIS SECTION (A) mostly relates to the 21.1km loop for 21.1km/42.2km/100km/100mile**



**Welcome to the 6th You Yangs Hardcore 100 – 2019 ( NEW IMPROVED TOUGHER COURSE )**

The Hardcore 100 Mile race in Victoria was created to provide an opportunity for the ultra community to challenge themselves over the iconic 100 mile distance.

There are currently 28 registered runners to take on the 21km loop course 8 times 105mile. And 32 to take it on 5 times in the 105Km event

Good luck to everyone toeing the line and thank you for being a part of these great distances.

**About the Hardcore 100s.**

- 105 Miles / 105km
- 8 x 21Km Course
- start time Sat July 20<sup>th</sup> 8am
- finish time Sun Jul 21st 4pm
- cutoff time 32hrs
- minimum 2 aid stations approx. 10km apart
- total elevation gain = 3000 and 5000M
- pacers are permitted from the 5pm to 7am or as close as possible to 6pm
- a 105Km time will be recorded (separate result noted)
- if 8 full laps not completed you register a DNF or 5 not recorded for 100km, also a DNF
- 100Mile a Custom Designed Buckle will be awarded to all finishers under 32hrs (Bronze)
- 100Mile a Custom Designed Buckle will be awarded to all finishers under 26hrs (Silver)
- 100Mile a Custom Designed Buckle will be awarded to all finishers under 20hrs (GOLD)
- 100km a Custom Designed Buckle will be awarded to all finishers under 24hrs (Bronze)
- 100km a Custom Designed Buckle will be awarded to all finishers under 16hrs (Silver)
- 100km a Custom Designed Buckle will be awarded to all finishers under 12hrs (GOLD)
- Pacers 5pm Saturday permitted, NO Muling (Carrying any runners needs)
- Drop bags can be left at aid stations, organizer's will deliver them to Aid Station 2.

**Aid Stations**

Located at the base of Flinders Peak and (0-3km point per lap)

The Northern track Branding yard Road Crossing (9 – 12km point per loop)

Aid stations will have the regular trailsplus items available

Chips, Lollies, Cake, Chocolate.

Gels are not

Electrolyte in small quantity available

We will have some hot foods during the night time

Pasta, Noodles, Soup

Hot tea and coffee will also be available

## Drop Bags

Runner drop bags must be clearly labelled, 100km / Mile runners can leave them at the start finish aid and we will transport them to the Branding Yard aid station for you. We will endeavour to have all drop bag and personal items returned to the finish line before you leave. Please note we will not post any items left behind, it is your responsibility to collect them.

## Runner Safety.

As with all trailsplus events participant safety is our number one priority .

If a runner comes across another runner in need you must stop and offer assistance or get assistance.

Time taken to care for a runner will be deducted from your finish

## Road Crossing.



At the park entry you will cross the entry road to the You Yangs via the New Pedestrian crossing, please take extra care here while crossing.

## Sharing the trails.

You may find yourself on the same section of trail as other user it is imperative that we give way to other park users, if a bike comes along just step aside, its easy to do.

If you come up on bush walkers please ensure you politely let them know you are there and pass respectfully.

## Disqualification

The Race Director, or any member of the Medical Support staff or any Checkpoint Personnel may prevent any Runner from starting (even after their Entry has been accepted) or continuing in the Hardcore100 if any of the following occurs.

- The Runner, their Pacer, or their Support Crew breach Race Rules.
- It is decided that the Runner may be placing themselves or others at any risk whatsoever.
- Any other reason deemed sufficient by the Race Director.

## Flinders Peak

Summiting Flinders Peak five/eight times is going to be one of the major challenges. Runners must climb the metal platform at the top. We know each and every runner will go all the way before turning back, however we have some covert cameras that transmit back to base so we can keep an eye on your wellbeing and all the wildlife up there.

## Common Sense Gear

Rather than stating you must have mandatory gear for this event we want you to use your common sense, you rarely go outside at home for a run and not dress for the weather. So on race day be sure to have the gear you may need on hand. We are not in Alpine conditions, but if you roll an ankle and cant move to keep warm you will get cold very quickly. So in particular for the 100Km/Milers be sure to have suitable gear.

## Walking Poles

Walking poles are permitted, but please take care especially when others are nearby

**THIS NEXT SECTION IS WHERE YOU FIND THE \*MANDATORY GEAR RULES AND QUESTIONS ANSWERED**

## None Carried Mandatory Gear - Recommended Gear to have on hand

This is **not mandatory gear** you have to carry with you, but it is a requirement that you have it available at the main aid station.

### **MANDATORY TO HAVE AT AID STATION MINIMUM**

- Sealed seam weather proof jacket
- Sealed Seam weather proof pants
- Headtorch, Spare Torch and Batteries
- Thermal Top
- Thermal Bottoms
- Gloves, more than 1 pair
- Beanies or Buffs
- Mobile Phone ( for photos and to call us if you need us )
- *Sense of humour, strong spirit, can do attitude*
- *PACERS MUST ALSO HAVE THE SAME GEAR*

*Remember due to the accessible nature of this course and close proximity to aid stations these are recommended gear items, we expect you to carry all the correct gear if conditions call for it*

## **Car Parking 100km / 100Mile RUNNERS**

100km / 100Miler runners will be able to park at turntable car park, but not in the Main car park we will be double parking cars in the overflow car park which is about 100M from the start so it is accessible during the race if needed. Please do not park in the main car park bays. We MUST leave places for PUBLIC PARKING.

## **Car Parking for Supporters**

Please note that during the day supporters are required to park in the lower carpark, it's a pleasant 5 min stroll up a single track, We must not fill the upper turntable carpark or Parks on roadsides risking blocking traffic

## **100 Mile PACERS**

Runners pacers are permitted for safety reasons from Saturday night from approximately 5pm or when ever the runner comes past closest to 5pm whereby they will be on the next lap in darkness. The role of the pacer is to ensure the safety of the runner. A pacer must not assist the runner mechanically to achieve a finish. A pacer must not carry anything for the runner. A pacer must be prepared for the weather conditions just like the runner and not be a burden on the runner. Most of all you must have a sense of humour, your runner just might get a little tired and grumpy, don't take anything personally they might say.

Any physical assistance provided to any Runner outside of a Checkpoint by any person will result in the disqualification of the Runner. Please also note that only OFFICIAL 100mile PACERS are permitted, See definition of OFFICIAL PACERS below.

## **100 Km PACERS**

Runners pacers are permitted if their last lap will be completed in low or poor light, all of the same terms and conditions apply as per the 100 mile pacers.

## **100km – 100mile OFFICIAL PACERS**

MUST register BEFORE beginning pacer duties. This requires the runner to sign a pacer sheet acknowledging, they will operate within the rules of the event. That they are fit and healthy and of no risk to themselves or the organising team. The pacer is required to have the same suitable clothing and food stores as the runner. (eg) If the runner has been instructed to wear a sealed seam hooded jacket then the pacer must also wear a sealed seam hooded jacket. The Pacer must have a suitable quality head torch or hand held to safely navigate the course. If a pacer is observed with a runner and has not registered the runner may be disqualified from the event. This means a pacer cannot join a runner mid trail having just arrived, without coming to the HQ location. There must be only one official pacer on course with a runner at any time. Exception to the one pacer rule. Up to 3 registered pacers may do the final leg from Park information office to the finish line to soak up and celebrate those final few km's.



## Race Numbers

Runners should have their race number visible at all times, this will not only allow us to utilise our back up timing system, but it helps keep tabs of where you are on the course and makes you identifiable as a 100 Miler

## Behaviour

We know this won't happen, but if any runner abuses Race Officials or Volunteers, or whose Pacer or Support Crew abuses Race Officials or Volunteers, they will be disqualified, we have zero tolerance to poor behaviour, failure to adhere to officials direction on this matter will result in additional event sanctions, we are here for fun not to be abused or to have unpleasant discussions with runners or supporters.

## Rubbish

We operate a leave no trace policy at trailsplus events, that means you leave nothing on the course, please ensure you do not drop gel packets or tear offs on the course, there are bins at aid stations please carry any rubbish to the next aid station and deposit it in the bins provided.

Reminder trail runners have been accused of dropping rubbish in past years by bike groups, though we know it to be incorrect we do not want to be in a position to be accused of this so please even consider picking up rubbish and placing in bins even if not part of our event.

## Dropping out of the Race

Runners must only drop out at one of the two aid stations, you must report to the aid station and ensure you are recorded as dropping from the event. If you walk off course and go home with crew and we don't know where you are. We will invoke a search and the cost will be on you so please ensure you notify officials before leaving.

## Course

Runners must follow the specified course, for the 100km/miler being a loop course I am sure you will have it well etched in your mind, especially after a few laps which will make the night time navigation even easier. The 100km / Mile Course will be marked with black arrows on yellow cards and be supplemented with pink and yellow reflective ribbons. Some other instructional signs may be placed to assist. Flashing lights may also be placed along the course. (sample only signs below)



## Trail Etiquette

Runners should show respect to all trail users, cyclist, walker or runner and give way at every opportunity. Please be sure to step off track when bikes are approaching or passing, always, regardless of other parties attitude be polite, “ have a great day” works best.

## Head Torches

Head torches must be carried from sunset to sunrise. You must have your torch with you at the beginning of the lap that the sun will set, don't get court out without it.

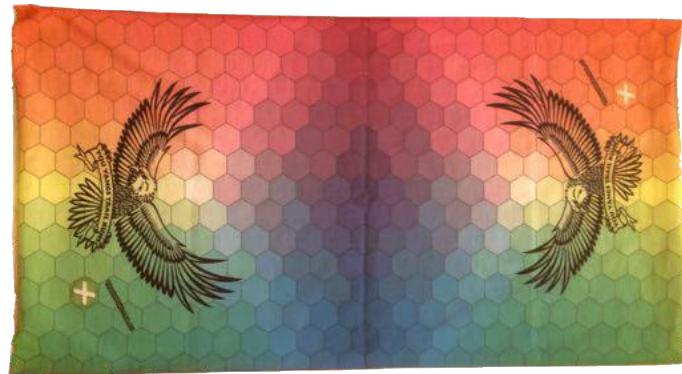
## Insurance Cover

The event has public liability cover this does not cover personal accident, please ensure you have you're ambulance subscription up to date, it is very expensive to travel in an ambulance, by road and much more by air.

## Merchandise

There will be some cotton tee shirts available in a couple of designs, here's two of them We also have headwear items of various designs





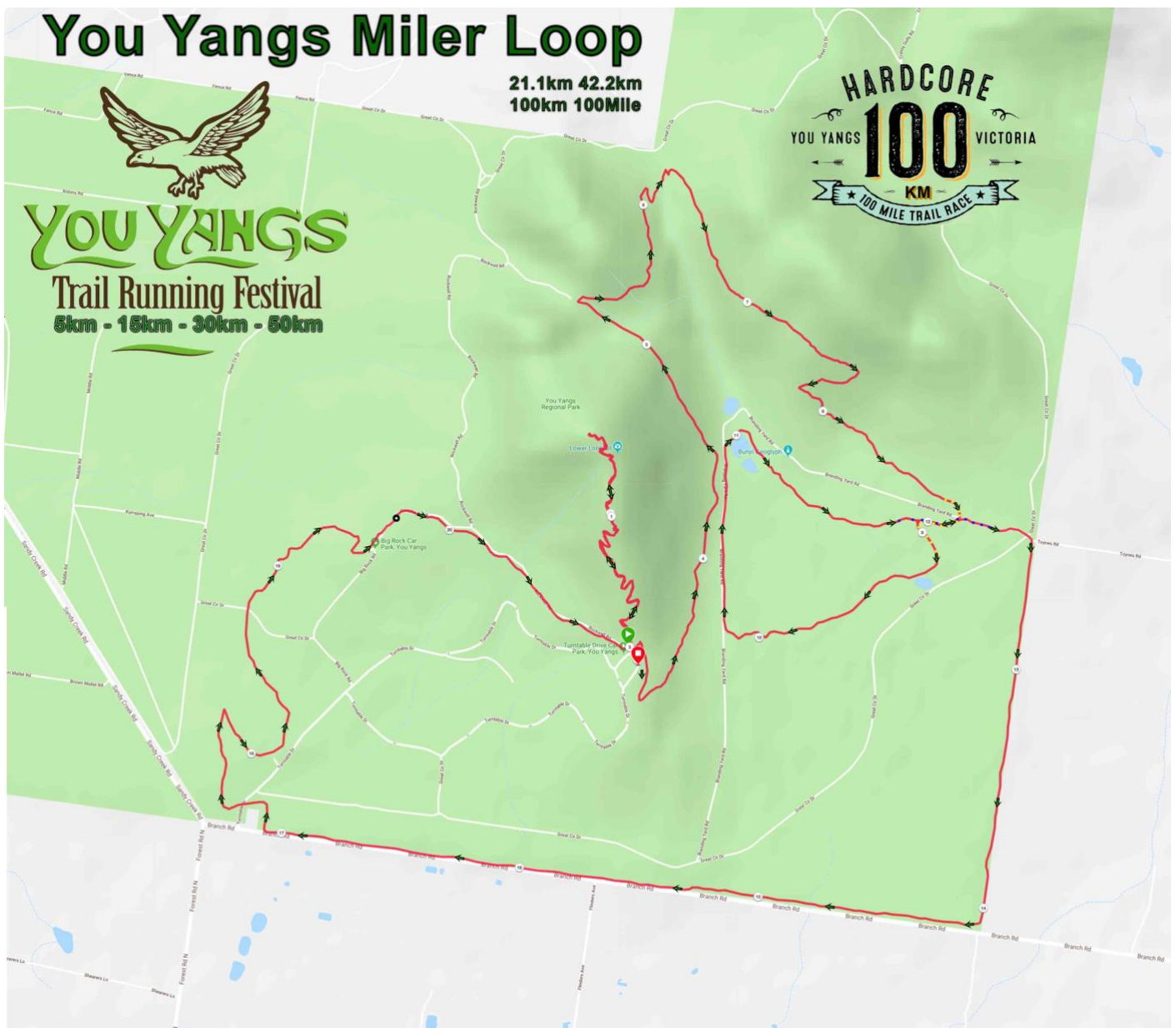


# Course Description

## The Miler Loop – aka 21.1km Course for 42.2km, 100km, 100M

Starting with a climb up flinders peak you will ascend **1.5km**, climb the metal platform. Walk around the column and return to the Aid Station **3km**. Turn left alongside the car park and take branding yard trail. Continue on branding yard trail without making any turns. When you come to the bottom of saddle back track **4.7km**, turn left and make the big climb to the top of the saddle. **5.6km** Once at the top you will immediately turn right into the Northern Range track continue along Northern range until you arrive at the Aid station. **9km** At the aid station you will cross straight over to the single track between the wooden stumps and continue for approx. 200M, **9.2km** then turn left. Continue on this track, crossing a timber bridge you veer to the right and remain on the single track. You will arrive at Branding yard Road **10.5km** where you turn right and head along the wider road for approx. 1km, be careful here and make sure you take the right hand single track **11.3km** and head past the seat and over the wooden bridge. Continue on the single track as it winds below the large eagle rock formation, go over another small wooden bridge, continue past the T junction **12.3km** that you have previously turned at from the opposite direction continue until you connect with Branding Yard road Aid Station at **12.5km**. Turn right onto the large sandy road and continue to the gate. **12.7km** Go around the gate and cross Great Circle Drive carefully to the fence line, do not exit the park **12.8km**. At the fence turn right and follow the boundary trail with the fence on your left. Continue until you pass the farm house and keep going to the end **14.3km** turn right and run along the branch road boundary fence for 3km almost to the front entry where you make a right turn at **17.3km** then in 100M turn left and head toward the old School House **17.5km**. Cross the park entry road at the pedestrian crossing and continue straight ahead 100M before turning right onto bike track number 17, **17.7km** follow this through the gums staying on single bike tracks, not wide roads and you will arrive at the rear of the Park Office. Continue past the office toward the carpark. At the park office be sure to take the big rock trail **18.5km**, by keeping the car park close to your right side, follow the big rock track around and cross Great Circle Drive the large sandy road **19km**. Continue on and take the left turn **19.4km** and go around under the big rock. Continue around to the front of the rock and turn left at the main access point to the rock. **19.8km** Head toward the car park but don't go into the car park. Turn left off the trail and cross on the grass, keeping the BBQ shelter to your left and the car park to the right **20km**. Where the car park finishes and meets the dirt trail, follow this trail (Contour Track) until you intersect with Rockwell road **20.3km**. At Rockwell road turn right and head to the finish line. You have just completed **21.1Km**, you have 1,4or7 more laps to go. Good Luck 😊





GOLD



SILVER



BRONZE

# THE ABOVE MAP IS THE HALF MARATHON AND MARATHON COURSE ALSO ( 1 or 2 LAPS )

Please take note 100km / 100mile half and full marathon share the same course.

## Course Markers

A number of course markers will be used to help you navigate the course, but please remember you may travel on the same section more than once and in a different direction so be mindful and read the signs that are provided.

The 100km / 100mile 21.1km and 42.2km courses will be marked with Black and Yellow arrows, additionally there will be pink and yellow ribbons placed as needed, when there are no options to turn on single tracks we will not place excessive ribbons. For the 100km / milers the ribbons have reflective print on them and this will help you during the night. We may place small blue lights every 200M also






















In some cases we may draw an arrow on the ground with white flour.

The 5km – 15km – 30km – 50km courses will use red and white arrows and crosses along with pink and yellow striped ribbons.



## WHAT TO EXPECT WEATHER WISE VARIOUS INFO

AVALON 7-DAY WEATHER FORECAST

	Sun Jul 14		Mon Jul 15		Tue Jul 16		Wed Jul 17		Thu Jul 18		Fri Jul 19		Sat Jul 20	
Summary	 Windy with showers		 Showers easing		 Possible shower		 Windy with showers		 Mostly sunny		 Possible shower		 Sunny	
Maximum	13°C		14°C		14°C		14°C		15°C		14°C		15°C	
Minimum	5°C		7°C		9°C		7°C		5°C		7°C		4°C	
Chance of Rain	80%		30%		20%		60%		60%		50%		50%	
Rain Amount	1-5mm		< 1mm		< 1mm		1-5mm		< 1mm		< 1mm		< 1mm	
UV Index	Low		Low		Low		Low		Low					
Frost Risk	Slight		Nil		Nil		Nil		Slight		Nil		Slight	
	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm	9am	3pm
Wind Speed	28 km/h	38 km/h	19 km/h	28 km/h	23 km/h	27 km/h	25 km/h	38 km/h	17 km/h	26 km/h	14 km/h	17 km/h	18 km/h	29 km/h
Wind Direction	 WNW	 W	 W	 W	 W	 W	 WNW	 W	 NW	 NNW	 NW	 WNW	 NNE	 NNE
Relative Humidity	87%	76%	91%	80%	89%	73%	84%	76%	87%	67%	89%	69%	82%	59%
Dew Point	8°C	8°C	8°C	11°C	9°C	9°C	8°C	9°C	6°C	9°C	7°C	8°C	4°C	7°C

It's looking pretty good but could be cold

**PLEASE BE SURE TO BRING WARM CLOTHING**

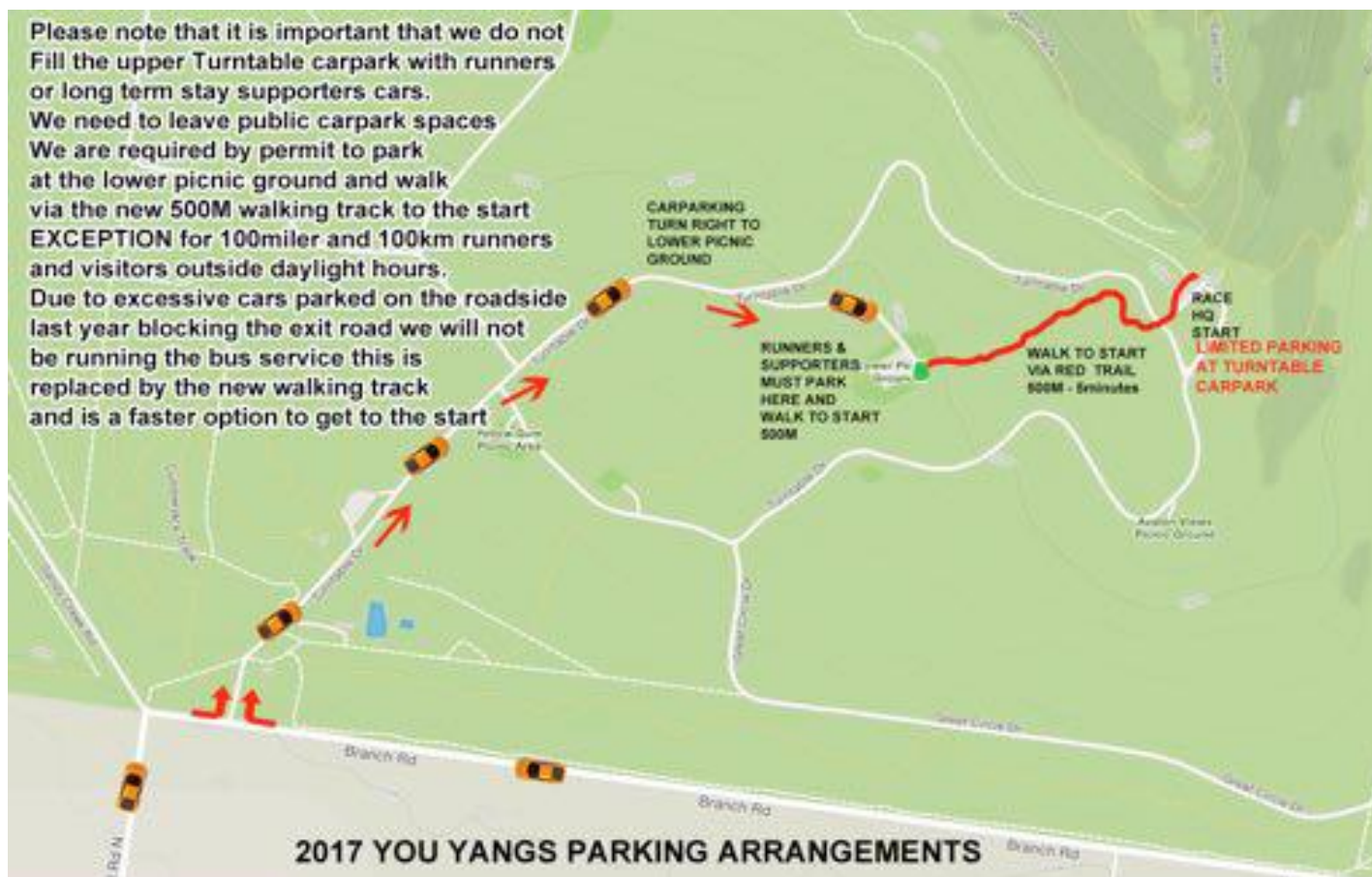


**THIS SECTION (B) mostly relates to the 5km/15km/30km/50km events but useful for ALL**



### **CAR PARKING ARRANGEMENTS**

Due to the limited car parking space available at Turntable car park we will be implementing a car parking strategy that will involve parking in the lower car parks and making our way to the turntable car park via the new walking trail, the trail is 500M long and a very pleasant stroll with Kangaroos abundant. Please consider car-pooling to limit the amount of cars. Please follow the instructions of parking officials to assist in an efficient start to the event. Previously we have used a shuttle bus as there was no walking trail, 2016 had many public visitors park illegally on the exit road preventing the bus from circulating, this created several delays. Now with the new trail, the turn around time to get to the start is even quicker and is a nice little warm up stroll. Only 100 miler and 100km runners are permitted to park at turntable car park, please ensure you abide by these permit requirements. The trail is not Pram friendly; it has a few steps and for most able bodies it's a walk in the park, however, if someone would not feel comfortable walking it they can be dropped at the top, but the car must not turn off engine and stop, passengers get out and driver goes back to picnic ground and parks.





## FUTURE YOU YANGS RUNNING FESTIVAL EVENTS

We enjoy a fantastic relationship with Parks Victoria and work hard to ensure all that we do as a trail running group comply with all the necessary requirements. The future ability to hold this event depends totally on how we as a group conduct ourselves during the course of the event. Our rangers at the You Yangs are as passionate about trail running and activities in the park as they are about the flora and fauna. They put in massive amounts of work to maintain the trails and build new ones.

With the increase in numbers it is even more important that we all do the right things on the trails. It only takes one member of the public to get upset and lodge a complaint and the event may not be allowed to continue. So as always please be respectful and courteous of all other park users and this magnificent park)

## PLEASE FEEL FREE TO BRING PICNIC AND BBQ FOOD

As it is going to be a fantastic day, why not relax and chat with friends and enjoy a perfect winters day after your race while cheering your fellow runners over the finish line. There will be postrace food available including some sausages, Pizza, Coffee.

## Approximate Guide to Aid Station Locations ( these are being updated and a guide only )

PLEASE NOTE DISTANCES ARE APPROXIMATE WITHIN 1KM-APPLY to 15-30-50km mostly						
Distance	Water	Electrolyte	Food	Drop Bags	1st Aid	Toilets
0	Y	Y	Y	Y	Y	Y
3	Y	Y	Y	Y	N	N
6.5	Y	Y	Y	Y	Y	Y
12.5	Y	Y	Y	Y	N	N
15	Y	Y	Y	Y	Y	Y
18	Y	Y	Y	Y	Y	Y
n/a	Y	Y	Y	N	Y	Y
23	Y	Y	Y	Y	Y	Y
27.5	Y	Y	Y	Y	N	N
30	Y	Y	Y	Y	Y	Y
33	Y	Y	Y	Y	Y	Y
35.5	Y	Y	Y	Y	N	N
n/a						
44	Y	Y	Y	Y	Y	Y
n/a	Y	Y	Y	N	Y	Y
50	Y	Y	Y	Y	Y	Y
AID LOCATION						
START/FINISH						
ROCKWELL						
KURRAJONG						
PARK OFFICE-n/a	AID	STATION	MAY	NOT EXIST	PENDING	VOLLIES
Branding Yard						

## RESPECT OTHER PARK USERS

Do not startle other park users by charging up behind them, let them know you are coming and would like to pass, slow down when passing and when approaching from the opposite direction. The main area you are likely to meet other pedestrian traffic in the park are on the East Walk, Flinders Peak and the Big Rock trail to the park info centre. Just as important you will encounter bike traffic along Kurrajong plantation tracks 17,16,15 and 14, **PLEASE ENSURE** you step off the trail when encountering bikes and always be polite, even when you find the reverse is not the case, just wish them a great day. The rest of the trails should be fairly clear.

## Sections of the run are through the Kurrajong Plantation on Tracks 14, 15, 16 & 17

Please be courteous and aware of cyclists on the trails, **ALWAYS GIVEWAY** to the bikes as it is a lot easier for the runner to move off the trail than the cyclist.

## ENVIRONMENT

**Do Not** Leave any sign of rubbish behind, it is very important that we don't drop rubbish or let rubbish get away from us at the aid stations. In particular our Gel packets please don't drop them on the trail carry them with you to an aid station and drop in the bin provided. It may be windy, please try to keep aid station areas free from rubbish by using the bins, if you do find a gel pack or rubbish on the trail that may have accidentally been dropped by a participant, please collect it and dispose of at the next aid station.

## All EVENTS

will have pre race briefings to go over any questions you may have and to provide me an opportunity to quickly cover what is required from us all on the day.

All participants are required to attend their pre race briefing 15 minutes prior to your start time

## Notes on the Start finish area

We would like to try and keep the flow of the start finish area as clear as possible for those still on the course. It gets very busy with runners criss crossing to various trails as they pass through numerous times. We ask that you consider the other competitors during pre race and post race mingling with friends and give them clear paths to keep running. We will provide some basic flagged off areas to help achieve a smooth flow.

Also remember it is highly likely there will be many non race related public in the park and using the trails, please ensure they are also extended the courtesy of clear passage along the trails, do not approach at speed from either direction. As soon as you see them slow and pass safely and say hi, it's amazing how much people respect and appreciate a simple acknowledgement and it shows as trail runners we are very respectful of all park users.

## CUT OFF TIMES

We expect all 50km runners will complete the course well inside 9hrs

The official cutoff is 8 hrs with discretion and opportunity to finish before 9hrs

## SAFETY

It is requirement of entry to the event that you assist any runner in need of help, if you come across an injured or distressed runner please offer assistance or get assistance for them. Runner's health and Safety is a number one priority.

Trailsplus events restrict ipod use therefore we ask that you do not wear ipods or music devices, you will cross roads and have bikes on trails, having all your senses working for you will make for a much more enjoyable day, please leave ipods home. Your in a fantastic place enjoy your surrounds and be safe.

## PERSONAL BELONGINGS

An area will be provided for personal belongings however the race director takes no responsibility for the safe keeping, if you intend to have valuables please consider locking them in your car, or better still leave them at home. We will provide a suitable storage box for your car keys.

## EMERGENCY CONTACT NUMBERS

Race Director Brett Saxon – 0418557052

Assistant – Olivia Blackney 0421 409 619

Timing Official Robyn Saxon – 0419 533 018

Police, Ambulance, Fire 000. 112 from Mobile

## CHECK POINTS / AID STATIONS

There will be 5 manned aid stations. The Aid Stations will be stocked with a small amount of, Snakes, Jelly Beans, Chocolate, Fruit Cake, Bananas, and plenty of water, 32GI electrolyte will also be available at the aid stations

## **DROP BAGS**

If you have your own food and drinks and you would like to leave it at an aid station, then please place in the tub provided at the registration area, typically the aid stations will be The Start Finish Area at turn table Car Park, Kurrajong Car Park, park information office and Rockwell Road. But be early to drop them as they will go with the aid station people before the race begins. The first aid station at 2Km may **“not”** be set up for the 50M event, but it will be for the 15k 30k 50k events, it is unlikely anyone will need anything that early, water will be available at the 6K mark. We will do all we can to get the drop bags out there, but please note there is always a chance they don't arrive in time.

## **TOILETS**

Are available on course at the start finish area Turntable car park, Big Rock Picnic ground, at Kurrajong car park and the park Information centre, please make use of these facilities and respect the natural bush environment. We have also trucked in 6 portaloos to be located at Turntable car park.

## **RACE BIBS MUST BE VISIBLE AT ALL TIMES**

No race numbers will **NOT** be mailed out before the event, all race numbers are to be collected prior to the event at registration. Please be sure to allow enough time to register your name as present at the event and collect your race bib. The numbers must be worn on your front torso, not the back or your leg, we provide small numbers for comfort, but this makes them harder to see so please help the timing officials be ensuring it is clear, if not your finish time may not be recorded accurately. An electronic timing chip will be inserted in the back of your race number. When you cross the finish line a volunteer will remove the electronic chip from your race number.

If you withdraw from the event please return the timing chip to the post race aid station not to the timing tent as it maybe read and provide an incorrect time.

## **Timing Chips **IMPORTANT URGENT****

Timing Chips remain the property of trailsplus, the rear of your race number contains two timing chips, these will be removed by our chip collector immediately on finishing. **YOU MUST** return the chips, do not leave the finish area until you have had your chips collected. We know who has what chips and if you leave with the chip you must notify us via email within 3 days and place the chips in the post or a \$20 fee will be charged.



## **Recording your Split Times EXTREMELY IMPORTANT**

All races will start under the gantry to give a chip read of the start. It is extremely important that you only ever pass under the finish line gantry in the finish direction, i.e. toward the timing marquee, you should never run down the fenced chute from the aid station. This will falsely read a lap split for those who are doing greater than 21.1km. Please ensure you follow signs after your climb up flinders peak, most confusion occurs with the 30km and 50km runners, after your first descent of flinders peak both 30km and 50km runners, will take the small bush track directly opposite the aid station. Do not go down the chute toward the finish line Gantry ( remember you never pass under the gantry from this direction mid race.

## **FINISHERS MEDALS & TROPHIES**

All participants that complete the correct course will receive a finisher's medal. The 50Km runners will receive a Gold Medal custom designed by Mal Gamble. The 30Km and 15Km and 5Km runners will receive a Silver or Bronze Medal custom designed by Mal Gamble.

**If you place in the top 3 of your event please don't leave without your trophy**, come up and see me if you have to leave before the presentations. Presentations will take place as soon as practical after the place getters finish; this may mean a small personal presentation for the 15km event or will be combined pending timing.

## **PHOTOGRAPHY**

We are lucky to have some running friends who are pretty handy with a camera so keep an eye out for these photographers that may be spotted around the trail, give them a smile and a wave, I might even try to get out and about and take a few shots. We will try to have a finish line photographer also, so be prepared with a big smile and don't look down and stop your watch until after the finish line what's 2 sec 😊

## **Supporters and car parking (MUST NOT PARK AT THE TOP CARPARK)**

Please note that car parking for supporters should be in the lower picnic car parks, during the day. Visitor/ Supporters can access the start area via the 500M walking track, you can drive to big rock, info centre or Kurrajong but limited car parking is available at turn table car park where the start finish area is located, please consult maps.

## Detailed Navigation information on the 15-30-50km courses course.

The course maps are colour coded, as follows.

**15K Yellow - 30K Green-50K RED**

ALL EVENTS (15-30-50) FINISH ALONG ROCKWELL ROAD AT TURNTABLE CAR PARK

All runners will follow the yellow trail on the map where the 15K runners will finish on completion, then the remaining runners will continue onto the green 30K map trail. On completion of the green trail, the 30K runners will finish and the 50K runners will continue on the red trail.

Remember you all do the 15K course, the 30-50 runners all do the 30K course, the 50K runners continue to do the 50K course.

There will be direction signs at intersections that are not obvious. Please remember you will approach an intersection more than once from a different direction and each time you are likely to continue on in another different direction, these will be clearly indicated with arrows. Whilst in most cases it will be obvious to you that you just keep running straight ahead down the road or trail, to assist there will also be pink/yellow trailsplus ribbons clipped to trees with plastic pegs, remember you will be on the same trails at different times going different directions if you are doing longer events.

### Which event did you enter?

To be fair to all competitors, if you start in a longer distance event you can not drop from that event to a lower one once the race has started, if you pull out before the completion you will be given a DNF for the distance you entered and distance completed will be noted on the results sheet.

If you go off course you must reconnect with the course where you left then complete the correct course. Advising the race director that you have covered at least the same distance even if on the wrong course will not give you a finish result. It will be noted on the results sheet as distance off course or DSQ.

# FOLLOWING ARE MAPS AND COURSE DIRECTION DESCRIPTIONS

Spending a little bit of time looking over these will make your day more enjoyable

All events head out Rockwell road **800m**, starting with the **15km** course you will do a short out and back section of big rock track, turn around before the bitumen road and return to Rockwell road, turn left continue on Rockwell road to the right turn **2.5km** and make the steep climb up the saddle. On top of the saddle continue turn left on to the new northern range track, continue on the northern range track until it rejoins branding yard road and turn left **6.5km**. Follow the sand road all the way through the locked gate where it meets great circle drive **7km**, cross over great circle drive to the fence turn right and follow the fence line to approx. **9km** remain on the fence trail at **9km**, turn right and continue along the Branch road boundary, turn off the boundary to the right, jump logs, cross Great Circle Drive and enter branding yard road, continue along the road until approx. **10.5km** turn left, then turn right at track T intersection, make your way to the base of the saddle back track and get ready for a steep climb. Head up saddle back track, continue straight ahead through the saddle junction. (you are now returning along the first 3km of your run) as you descend the saddle road you climbed earlier, you are now at **12.5km** turn left at the bottom and head for finish line along Rockwell road. **15km**

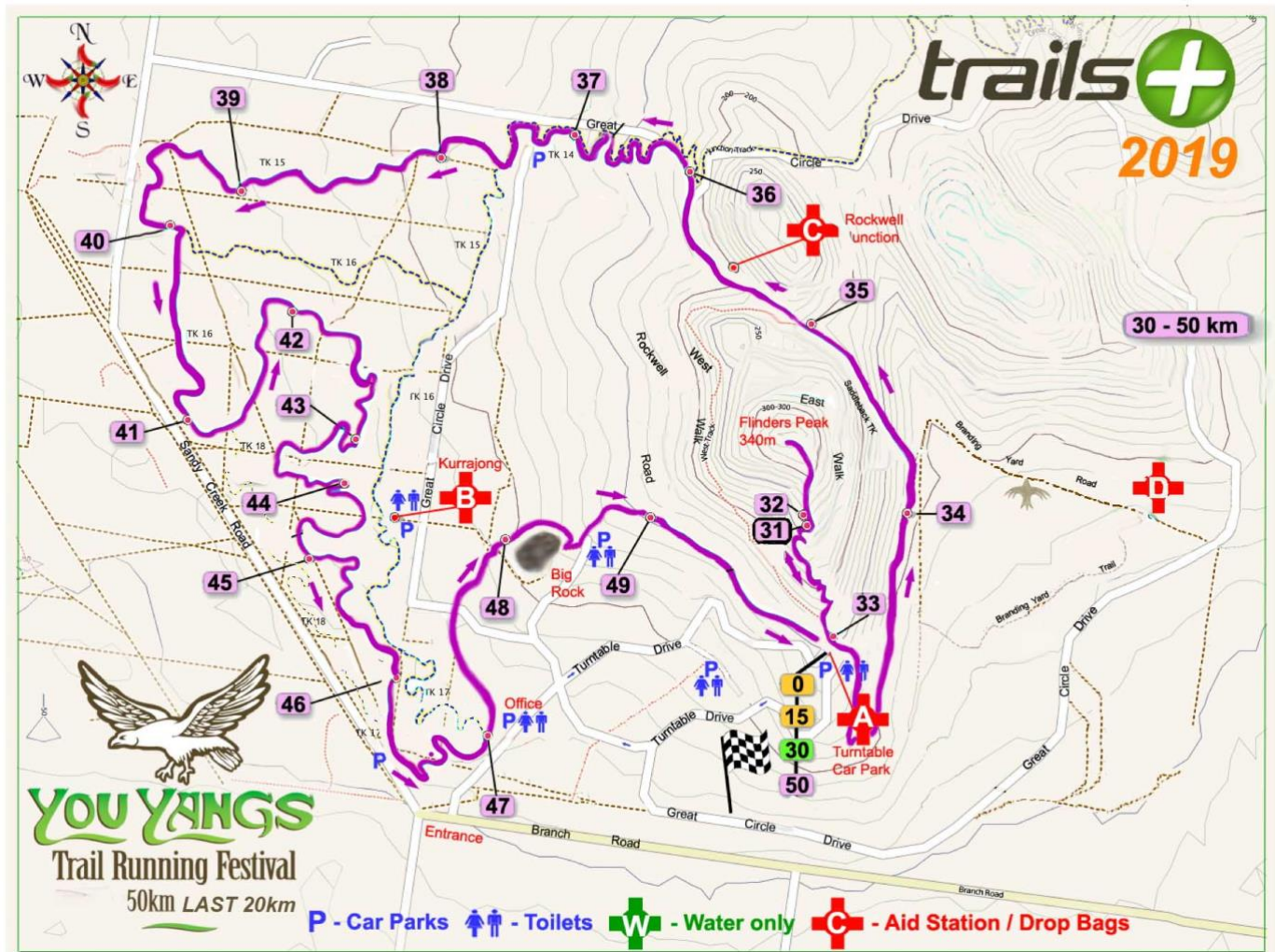
Begin the next section of the **30km** course by climbing to the top of flinders peak and return back down **18km**, you will then take the single track just above the start area and rejoin Rockwell road about 200M along from the finish line, *never go the reverse way under the gantry* you should only ever pass under the gantry at the finish of each race distance once you rejoin Rockwell road turn right and head to Big Rock / contour track junction **19km** and turn left and head for big rock. At big rock car park stay right on the grass and pick up the sand trail to big rock, at the base of big rock turn right, **DO NOT CLIMB BIG ROCK** follow the trail down behind big rock, take the right fork toward the information office, cross the main dirt road and continue to aid station at **21km**. **At AID STATION D** take sharp right turn on **TRACK 17** you are now on bike trails, **DO NOT TURN OFF** them unless directed. Continue on **TRACK 17**, you will cross several firebreak roads just continue straight ahead over the roads until you get to AID STATION B **23km**, you have now entered **TRACK 16**, use the aid station then continue up **TRACK 16**. At the junction of **TRACK 16** and **TRACK 15** approx **24km** you continue straight ahead on **TRACK 15**, **TRACK 15** then joins **TRACK 14** where you will veer to the right over the raised trail and boardwalk. Cross over Great Circle Drive **26km** and wind your way via the Zig Zag track until it reconnects with the road. **AT THIS POINT TURN RIGHT ON TO THE ROAD** continue up the road for 200M to the hair pin bend, where you drop off the road to the right go through the gate on to Rockwell Road and head to **AID STATION C** you now turn right and head for the finish line along Rockwell road just like you did earlier in your race, cross the finish line

**Congratulations** for the 50K 50M runners keep going 😊

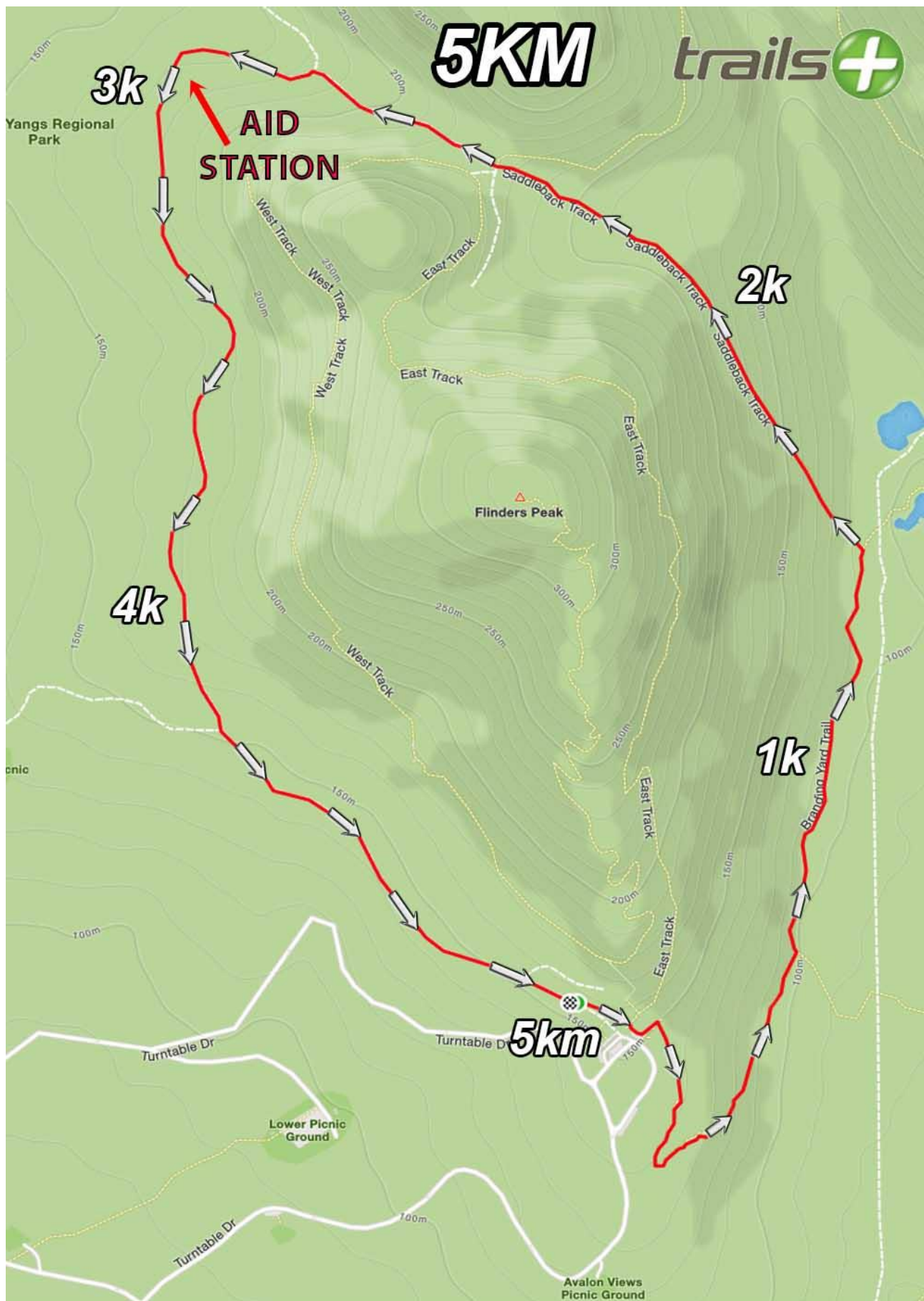




**50km** section begins, time for climb number **2** to up the PEAK and back down, look at how this 20km section is just a big outer loop marked by the purple line. Once back down from the peak **33km** you will head back down branding yard trail, and continue straight ahead, do not turn right at the T junction, where you came up at 10.5km. Continue straight until you get to the bottom of Saddle back track, **34.5km** turn left and make your 2nd steep climb up the track that went up at 11.5km point in your race. At the top go straight ahead down the road to the **AID STATION C**. only this time turn right and continue to the gate, join the road left and go down hill for 200M then turn LEFT on to **TRACK 14** at **36.5km** continue down the ZIG ZAG track cross over the main road continue over the boardwalk to the junction of **TRACK 14** and **TRACK 15**. You **TAKE THE RIGHT** option on **TRACK 15** at **37.5km** remain on bike tracks. Continue to follow **TRACK 15** crossing various dirt roads always cross roads and continue on bike track. At approx **40km** you will come to the junction of **TRACK 15** and **TRACK 16** now **TAKE THE RIGHT TURN** on **TRACK 16**, continue on **TRACK 16** to **AID STATION B** at **44.5km**. You need to divert off the track to the Aid station then come back to the track and continue through the car park and cross the road and join with **TRACK 17**, make sure the toilets are to your left as **TRACK 17** returns further over. Follow **TRACK 17** again you will cross various dirt roads, just keep going straight across them and rejoin the bike track on other side. At approx **46km** you will exit the single **TRACK 17** and be confronted with a CROSS ROAD of tracks and trails, as you exit maintain a straight line for 50Mtr along the wider open trail then take the left single **TRACK 17** back into the trees, continue on **TRACK 17** crossing another wide road then back into the tree line, cross another road again onto single track and then arrive at **Park Office** at **47km**. Be very CAREFUL here, **DO NOT CONTINUE ON TRACK 17**, you are now at **47km** and heading for the Finish line, you must follow the trail toward big rock, so keep right and run past the car park that is down on your right. In another 500M you will cross over great circle drive and on to big rock track. At approx **48km** turn left at T intersection and continue around under the lower side of big rock (you have been down here before in the opposite direction so it should be familiar) at the top of big rock turn to the left and continue along the trail and across the grass, don't run on the road or through the car park. You are nearly finished, join with contour track and continue for 500M where you will come to Rockwell road T intersection, turn right and head to the finish line. Continue 800M and cross at **50km** Congratulations you made it 😊







The 5km course circumnavigates flinders peak in an anticlockwise direction. You will start under the finish gantry head up the chute and down branding yard trail, do not turn until you come to the steep climb at **1.5km**. Turn left up Saddle back track, its steep, climb for 800M. At the top go straight ahead and down the wide open road to the aid station **2.8km** at the bottom. Turn left at the aid station and continue along Rockwell road keep left until you see the finish line **5km**.

Enjoy your achievement,  
Grab some recovery food,  
Please remain around and  
Support other runners that are still to finish

Thank You for being a part of the  
You Yangs Trail Running Festival



HUGE THANKS TO  
GARMIN AUSTRALIA  
ALTRA  
KATHMANDU  
THE RUNNING COMPANY YARRAVILLE  
PETZL  
32GI  
THE HIKING SOCIETY  
ANDREW PEACE WINES  
TEKO SOCKS  
GLIMMER GEAR

THESE ARE DETAILED INTERSECTION MAPS – refer main maps for actual locations



IF YOU ARE RUNNING MORE THAN 15KM YOU WILL CLIMB TO THE PEAK ON THE COMPLETION OF EACH DISTANCE, MEANING 30K CLIMB 1 TIME, 50K CLIMB 2 TIMES

ON DESCENT YOU TAKE DIFFERENT OPTIONS, 1ST TAKE THE EXIT LINK, 2ND TAKE BRANDING YARD TRAIL





NORTH

2016

WEST

EAST

TO SADDLE

Rockwell Road

1.3K

29K

14K

Rockwell Road

START / FINISH

1

800M

0 - 15 - 30 - 50

ALL RUNNERS  
DO A SHORT  
LOOP OUT AND BACK

Contour Track

19K

49K

To Big Rock

TO BIG ROCK &  
PARKS OFFICE

SOUTH





NORTH

TO GREAT  
CIRCLE DRIVE



Branding Yard Road

Branding  
Yard Trail

EAST

*enjoy the climb*

WEST

SADDLE  
JUNCTION

Saddle Back Track

34.5K

Steep  
Ascent

11.5K

FLINDERS PEAK

SOUTH

Branding Yard Road

**YOU ARE HERE**



CHAIR

Lagoon

Lagoon

2016  
trails+

GREAT  
CIRCLE DRIVE  
TRACK 14

NORTH

trails+

2016

36K

CLIMB TO  
SADDLE JUNCTION

Steep  
Descent

3

3K

Steep  
Ascent

WEST

27.5K

12.5K

EAST

Rockwell

Road

FLINDERS PEAK

START / FINISH

SOUTH



trails+

2016

NORTH

TO ZIG ZAG  
TRACK 14

RAISED PATH  
BOARDWALK

38K

TRACK 15

4

TRACK 14

25K

GREAT CIRCLE DRIVE

WEST

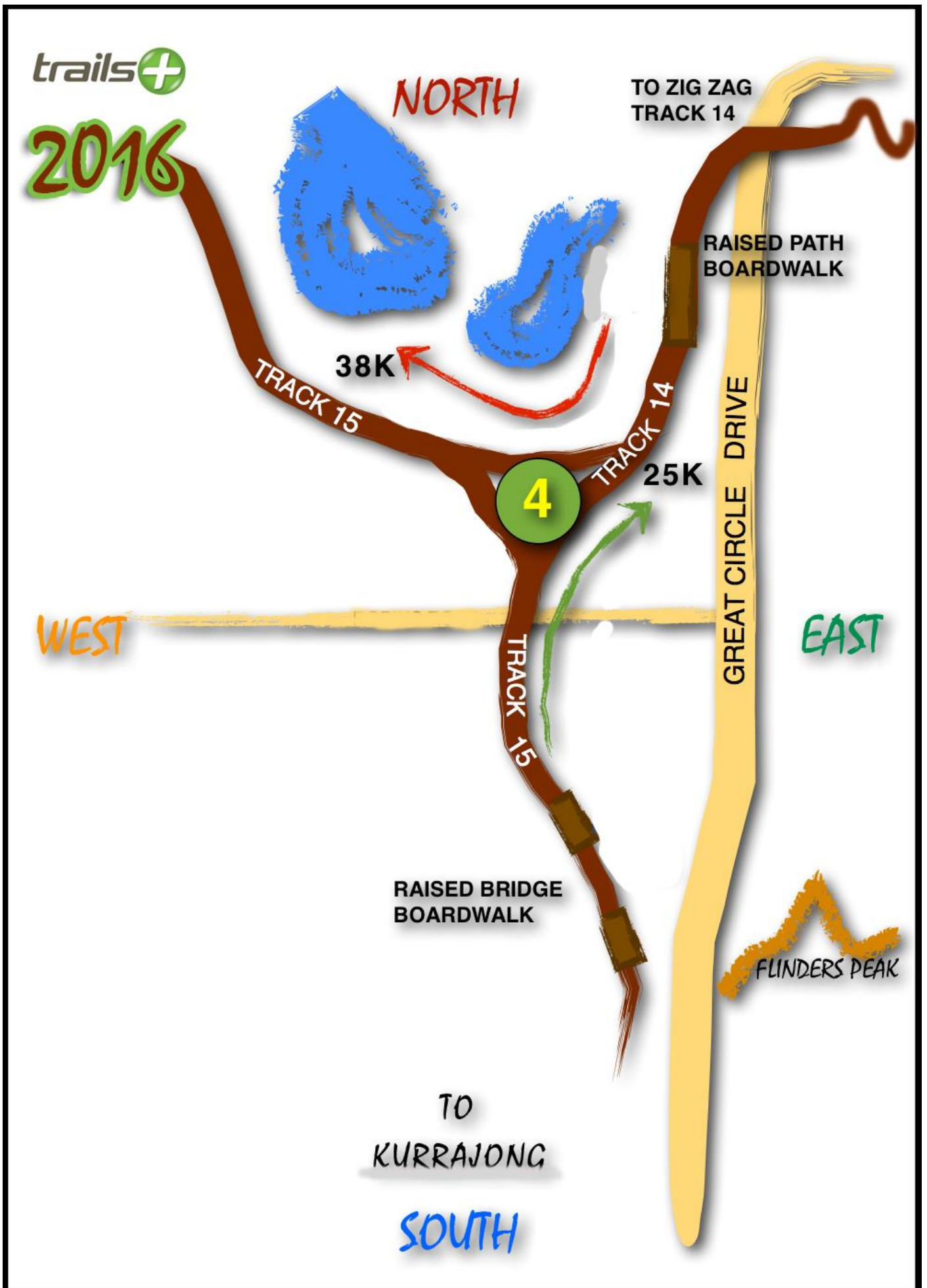
EAST

RAISED BRIDGE  
BOARDWALK

FLINDERS PEAK

TO  
KURRAJONG

SOUTH



trails+

2016

NORTH

FLINDERS PEAK

TO  
START / FINISH

WEST

EAST

21K

47K

TO BIG ROCK

TRACK 17

5

CAR  
PARK

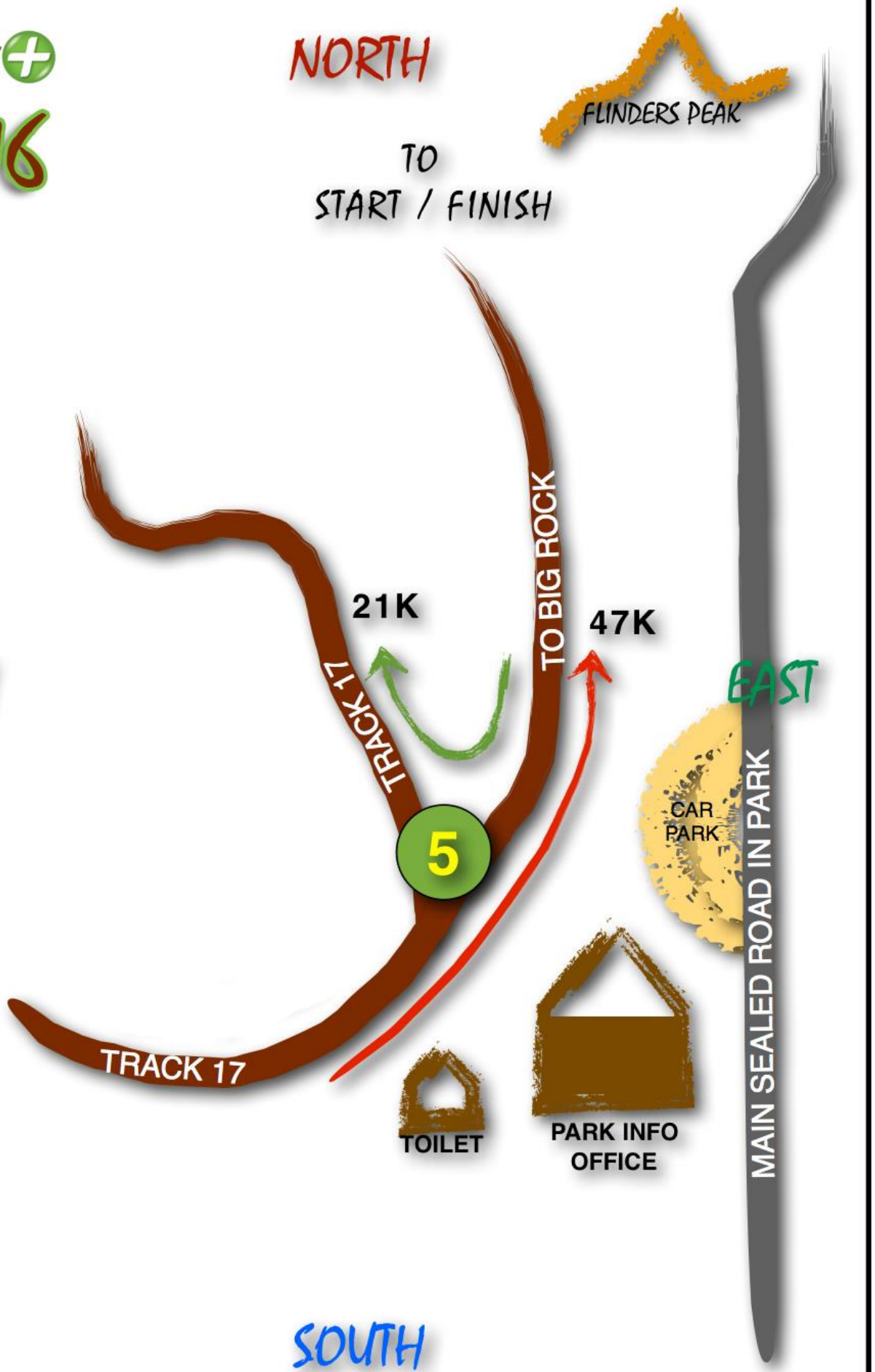
TRACK 17

TOILET

PARK INFO  
OFFICE

MAIN SEALED ROAD IN PARK

SOUTH





NORTH

trails+  
2016



FLINDERS PEAK

EAST

WEST

AID STATION IS  
LOCATED AT BBQ  
BETWEEN TRAILS  
RUNNERS NEED TO  
DIVERT 30M OFF  
TRAIL THEN RETURN  
TO TRAIL &  
CONTINUE IN SAME  
DIRECTION

45K



TRACK 16

TRACK 16



BBQ



TOILET



23K



KURRAJONG AVE

TRACK 17

TRACK 17

GREAT CIRCLE DRIVE

SOUTH